



InShape

West Valley City Fitness and Recreation Center News

Summer Soccer Camp

July 11 – July 15

West Valley City Centennial Park

West Valley Family Fitness Center has teamed up to host the weeklong British Soccer Camp. The soccer camp sessions are offered for the following ages:

Ages 3-4	First Kicks from 11 a.m. – 12 p.m.	\$75
Ages 4-5	Mini Soccer A.M. from 9 a.m. – 10:30 a.m.	\$88
Ages 4-5	Mini Soccer P.M. from 5:30 p.m. – 7 p.m.	\$88
Ages 6-16	Half Day Camp AM from 9 a.m. – 12 p.m.	\$115
Ages 6-16	Half Day Camp PM from 5:30 p.m. – 8:30 p.m.	\$115

Each camper will receive a free camp t-shirt, soccer ball, giant soccer poster and an individual skills performance evaluation. In addition, any child who signs up online at least 45 days prior to the camp will receive a genuine British Soccer replica jersey (\$39 value).

To signup for the camp, either visit www.challengesports.com or contact Valerie Custer at 801-955-4016 or email Valerie.custer@wvc-ut.gov.

Space is Limited – parents are encouraged to signup online in advance to avoid disappointment.

Kidz Kamp Summer Program

For boys and girls 5-11 years old

Camp runs June 6 through August 26

Themed weeks include:

Western Week, Medieval Week, Sports Week, Around the World Week, Super Hero Week, Under the Sea Week and more!

Monday – Friday
7 a.m. to 6 p.m.

Includes: field trips, arts & crafts, swimming, sports, Kidz Yoga, Kidz Zumba, silly games, rock climbing, yummy lunch, snacks and much more.

\$97 per week per child OR \$24 per day per child
(No refunds or date changes)

Register by Wednesday 1 p.m. the week prior to camp.

No late registrations or date changes accepted.



Spring Machine Pitch

Boys and Girls ages 7- 12

May 17 through June 23

Games and instruction designed to teach basics in Machine Pitch: how to stand at bat, hold and swing the bat, how and where to run, fielding, catching, and throwing.

Practices are held on Tuesdays, games held on Thursday beginning at 5:30 pm.

\$42 per player includes t-shirt, visor, team & individual photo, and participation award.

Registration due May 6.

Volunteer coaches needed; call (801) 955-4012 to volunteer.

Personal Trainers

Members – don't forget to use your FREE 30 minute fitness evaluation coupon you received when joining or renewing your membership!

Personal Training Programs Available:
Fitness evaluations, body composition testing, individual personal training & equipment orientation.

For more information stop by the front desk or call 801-955-4000.

T-Ball & Coaches Pitch

Games and instruction designed to teach girls and boys ages 4 – 6 basics in T-Ball: how to stand at bat, hold and swing the bat, how and where to run, fielding, catching, and throwing.

\$40 per player, includes t-shirt, team & individual photo, and participation award.

May 19 – June 23

Registration due May 6

Volunteer coaches needed; call (801) 955-4012 to volunteer.

Junior High Summer Program

Open to all current Junior High School Students who have completed 6th-9th grade & students 12-14 years old.

Tuesday, Wednesday, Thursday
June 14 – August 18
11 a.m. to 2 p.m.

Cost

\$50 for entire summer program

Program includes: lunch, field trips, games, leadership activities, rock climbing, swimming, sports and much more.



5415 West 3100 South, West Valley City, UT 84120 (801) 955-4000 www.WestValleyFitnessCenter.org
Facility Hours: M-F 5 a.m. - 10 p.m. Saturday 6:30 a.m. - 9 p.m. Sunday 10:30 a.m. - 5 p.m.
Lap Swim: M-F 5 a.m. - 9 p.m. Saturday 6:30 a.m. - 8 p.m. Sunday 11:30 a.m. - 5 p.m.
Open Plunge: M-F 11:30 a.m. - 9 p.m. (slide opens at 5 p.m.) Saturday 11:30 a.m. - 8 p.m. Sunday 1 p.m. - 4 p.m.

